

Is Your Team Equipped to Successfully Fish in the 4Q Sea of Stress & Holiday Distraction?



Daily life is already stressful. The fourth quarter brings added forces that magnify it sidelining even the best of employees. Accelerated pressure to meet year-end goals compounded by personal pressures of holiday obligations, expenses, and activities take their toll physically and mentally. The results: physical illness, anxiety, overwhelm, muddled thinking, and poor performance simply from nervous system overload.

If you want your team to have a successful and healthy fourth quarter, equip them beyond survival. Give them the training to thrive in fourth quarter seas and beyond. This introduction into Mindful Resilience teaches your team personal skills to immediately release their own chronic tension and switch the nervous system out of anxiety and overwhelm to calm, critical thinking, greater immune system function, and social engagement that fosters greater productivity and team collaboration.

In this interactive session, participants will learn effective techniques backed by science to:

- Get grounded to immediately reset the nervous system for greater clarity and calmer thinking
- Get present to relate more authentically, communicate more clearly, and handle circumstances more effectively
- Get focused by releasing distracting stress, muscular pain & tension

How Successful and Enjoyable Will Your 4th Quarter Be?



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**90-Minute Program (4 techniques)
or 60-Minute Program (3 techniques)**

**Investment: \$1500
Investment: \$950**

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